

## PREVIEW\_ Darryl Edwards - Get Into Great Shape Without Exercise (LCC 2016)

My background... I was a software engineer, a computer programmer.

And I worked in investment banking for about 20 years.

And so I spent a lot of time sitting down, 16, 18 hours a day,

pretty much seven days a week

in a very highly stressed environment.

So it was very rewarding in terms of very lucrative.

Financially I did extremely well

and it was a merit-based environment, so if you did well, you were rewarded.

And the turning point came when I was having annual health checks.

And my doctor said to me, "Your bloods aren't looking very good.

You kind of look okay on the outside, but on the inside, not so much."

And I was, "What do you mean, doctor?"

"Well, you have stage 2 hypertension, you are pre-diabetic,

"you are anemic, you're suffering from all sorts of issues,

"you have high elevated risk of cardiovascular disease,

your lipid profile is really poor."

And it was just like a horror story of--

this list of like... wrong, wrong, bad, unhealthy, problematic.

You know, like, "What? Okay, doctor, what--?"

Were you expecting that?

I wasn't expecting that at all, because I felt I was really healthy.

I was eating a fairly conventional diet,

I paid attention or so I thought to what was the nutritional advice of the day.

I went to gym a few times a week.

And you were relatively young.

And I was relatively young and I looked okay.

I looked okay in my suit that I used to have to wear to work.

So I wasn't visibly overweight or obese,

but even with those blood tests

I found that I had very high levels of internalized fat...

So, visceral fat, you know, not the fat that you can pinch on the outside,

but fat that's internalized.

And I had about 26% body fat percentage,

which was very high and very unhealthy.

So there were a lot of questions around the...

"Why is this the case, doctor? What can I do?"

And the doctor said, "Not a problem, Darryl, I've got a whole list of medications.

A cocktail of meds that you can take.

We'll sort out your blood pressure, we'll sort out your cholesterol problems.

So, a lot of drugs, huh?

-A lot of drugs. -For a young man.

For a relatively young man.

And I was like, "That sounds great, doctor, but how long do I need to be on the meds for?"

And what are the side effects?"

And the doctor said, "One - don't worry about the side effects.

"We can just give you something else if you have any side effects

"to dampen the side effects.

And secondly you're going to have to be on these drugs

probably for the rest of your life."

And I'm like, "I'm a bit of a coward, I don't want any side effects.

"And I definitely don't want to be taking these drugs for the rest of my life.

There has to be something else."

And he said, "Well, you could change your lifestyle,

"but that's not really my area of expertise.

"But that's what you need to do - just change your lifestyle,

improve your diet, exercise, you know, reduce your stress..."

"Okay, how do I do that?"

So I had to literally take on board my own research and my own investigations.

And I had a book that had been on my shelf for a couple of years,

by Lauren Cordain - "The Paleo Diet".

And I was like, "This kind of seems fascinating,

"going back to basics, going back to what our ancestors did.

Let me see if there's anything to this."